



# Spud Stuffers

*No ordinary potatoes here. Pick your favorite topping from the list on the next page.*

**Makes 4 servings.** 1 potato per serving.

**Prep time:** 15 minutes **Cook time:** 16 to 60 minutes



## Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream

## Preparation

1. Wash potatoes and pierce 3 times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
2. When cooked, carefully cut potatoes open on the top. Place 1 tablespoon sour cream on top of each potato. Top each potato with one of the toppings listed on the next page and serve while hot. The ingredient amounts listed are for one potato.



# Toppings

## Mexican Topping

- ¼ cup prepared Fresh Salsa (see page 54)
- 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese
- 1 tablespoon diced green chilies

**Nutrition information per serving:** Calories 222, Carbohydrate 43 g, Dietary Fiber 5 g, Protein 9 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 341 mg

## Western Topping

- 2 tablespoons chopped tomato
- 2 tablespoons finely chopped green bell pepper
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions
- 2 tablespoon bacon bits

**Nutrition information per serving:** Calories 259, Carbohydrate 44 g, Dietary Fiber 6 g, Protein 13 g, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 327 mg

## Veggie Topping

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions

**Nutrition information per serving:** Calories 216, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 10 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 174 mg